Cohort retreat breakfast menu:

Huevos rancheros

corn tortillas

eggs

beans

cheese

salsa

avacado (opt.)

Oatmeal

Bacon/Sausage links

Fruit (order of importance—subject to change)

1) bananas

2) berries

3) cantaloup

Potatoes

Yogurt

Juice (orange/apple)

Coffee

Tea

Milk (low fat/almond)

-Jennifer Balogh